

OUT & ABOUT

Trick or treating

Fort Lewis housing areas will be the home of ghosts, goblins, super heroes, and more cartoon characters than you can name Sunday, from 6 to 8 p.m. for the annual Halloween trick or treating.

Military police will be out in strength with extra courtesy patrols and will hand out free chemical light sticks for safety. Drivers should exercise extra caution.

Haunted house

Visit the haunted house at Nelson Recreation Center today and Saturday, from 7 to 10 p.m.

The haunted house will also be open Halloween night from 5 to 9 p.m., when there will be games for children — as well as a lights-on, not-so-scary time from 5 to 6:30 p.m. Prepare to be scared at 7 p.m.

Adult admission is \$5, children 12 and younger are \$3. For more information, call Nelson Recreation Center at 967-2539.

Halloween Harvest Fest

The annual Halloween Harvest Fest, a free community carnival, will be held at the Youth Fitness Zone today, from 4 to 8 p.m. There will be games, prizes, a hay ride, entertainment and a costume parade. Admission is free.

For more information, call 967-5776.

Just Teen Halloween

There will be a dance party just for teenagers today, from 7 to 10:30 p.m., at the Summit Skating Arena. There will be music, food and fun for all teens. Admission to the dance party is free.

For more information, call 967-4441.

Holiday Bazaar

There will be plenty of hand-crafted gift items, decorations and food, as well as drawings, give-aways and fun, at the 24th annual Fort Lewis Holiday Bazaar, from 9 a.m. to 5 p.m. Nov. 6 and from noon to 5 p.m. Nov. 7, at Jensen Gym, Building 2022 on Liggett Avenue.

The bazaar is hosted by the Officers' Spouses' Club, admission is \$2. For more information, call 967-6571.

Basketball and cheerleading

Child and Youth Services is holding registration for basketball and cheerleading at Central Registration, Building 2166, until Wednesday.

Boys and girls ages 5 to 14 can sign up for basketball. The fee is \$40, with the season running from Dec. 4 to Jan. 29.

Ages 6 to 14 can sign up for cheerleading. The fee is \$35.

All children must have a current physical and updated shot records.

This is a great chance to learn the sport and meet new friends.

For more information, call 967-2494.

Open house and play

Lakewood Fire District 2 will host an open house Nov. 6 from noon to 5 p.m at the newly remodeled station 2-1, 5000 Steilacoom Boulevard Southwest. Station personnel will offer guided tours and will answer questions.

In addition, the Lakewood Playhouse will present a special engagement of Anne Nelson's acclaimed production "The Guys" from 3 to 4:30 p.m. in the apparatus bay of the station. This engagement is free to the public and seating is on a first-come, first-served basis.

This play is based on the true events involving the 9-11 tragedy and tells the story of Nick, a New York fire captain who, with the help of professional writer Joan, composes the eulogies for eight fallen firefighters of his ladder company.

Their humor, companionship and compassion aid their creations of each emotional memorial for the fallen firefighters.

Stableford turkey shoot

America's Credit Union is sponsoring the annual Holiday Troop Support Golf Tournament, Nov. 12, at the Fort Lewis Golf Course.

The tourney will be a two-man scramble using Stableford scoring. Entry is \$80 per team, and covers greens fees, cart rental, tee gifts, dinner, prizes and a raffle.

As a special nod to the holiday season, prize turkeys will go to closest to the pin on all par 3s, as well as to long drive and worst shot of the day. Sign in is at 9 a.m., play begins at 10 a.m. and the buffet dinner and social begin as soon as play ends. Reserve a spot and enter your team by stopping in at America's Credit Union.

Arts of the Fur Trade

How did everyday works of art play an important part in the daily life of the mid-1800s? Visit with volunteer artisans as they bring back skills such as spinning, silversmithing, blacksmithing, and Native American basket weaving from 11 a.m. to 4 p.m. on Nov. 13, when Fort Nisqually Living History Museum presents Arts of the Fur Trade. Admission is free for this special event. The museum is located in Point Defiance Park, 5400 North Pearl Street, in Tacoma.

Fort Nisqually Living History Museum is a restoration of the Hudson's Bay Company outpost on the Puget Sound.

For additional information, contact Fort Nisqually at 591-5339 or fortnisqually@tacomaparks.com.

After Work Party

Come and join the After Work Party at the Cascade Community Club lounge every Friday, starting at 4:30 p.m., or join them Wednesdays for free tacos (while they last) starting at 5:30 p.m. The lounge is open Monday through Saturday until 10 p.m. Patrons must be at least 21 years of age. For information call 964-0331.

Fort Lewis teams pass 10-mile test

Masters team places 3rd, women 6th in annual race

Compiled from news services

Fort Lewis teams placed third among active military mixed masters, sixth among active military women and eighth among active military men at the Army Ten-Miler Oct. 24 in Washington, D.C.

Begun in 1985, the 20-year-old race, billed as America's largest 10-miler, is part of the Association of the United States Army (AUSA) convention held in the nation's capital. Fort Lewis won

the active military men's race in 2003.

This year, 13,198 runners completed the race in rain and temperatures in the 40s. Capt. Dan Browne of the Oregon National Guard, a 2004 U.S. Olympian, broke his own course record, finishing in 47 minutes, 29 seconds. Casey Smith of Arlington won the women's race for the second time, in 57:26.

The Fort Carson Men's A Team took first place in the overall and active military men's divisions. Fort Bragg won the active military women's division.

Fort Lewis' top finisher was Paul Ryan, who crossed the line in 57:46, 99th overall. Heidi Grimm was 323rd

Top Fort Lewis finishers

Name	Time	Overall place
Paul Ryan	57:46	99
Jon Richner	59:53	174
Eugene Russell	1:00:45	207
James Sakai	1:01:33	228
Heidi Grimm	1:03:37	323
Kirsten Martinko	1:07:07	586
Thomas Steffens	1:08:43	748
Oswald Arroyo	1:08:57	767
Charles Darden	1:10:08	903
Valerie Aquino	1:12:25	1,202
Brittany Smith	1:13:28	1,357
Donna Rutten	1:14:28	1,522
Heather Maginn	1:16:17	1,854
Heidi Borden	1:17:00	1,988
Kathryn Purchase	1:18:30	2,307
Jeff Sabatine	1:20:39	2,830
Cynthia Crowell	1:22:31	3,309
Cindy Medlin	1:22:58	3,442

overall in 1:03:37. Grimm was third among 933 females in the 35-39 age group and placed 19th overall among women.

The Fort Lewis men placed 18th overall in the team competition with a combined time of 3:59:59.

For more information, visit the Army Ten-Miler Web site at www.armytenmiler.com.

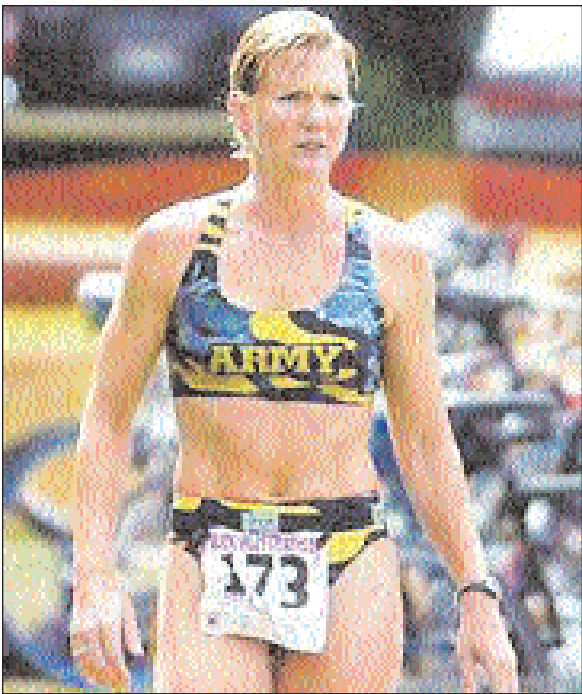
"It's the world championship. It's like going to the land of the gods..."

Maj. Heidi Grimm



Courtesy photo

"Sometimes I drag my staff on runs and stuff with me, but they're usually happier if I do it by myself," says Maj. Heidi Grimm. "I probably have put more miles on my bike than I have on my car." Grimm recently placed first among military females during the 2004 Ironman Triathlon World Championships in Hawaii.



Courtesy photo

Maj. Heidi Grimm's workout regime of running, swimming and cycling helps her compete on the world stage.

Workout schedule gives triathlete 'healthy outlet'

Local Soldier tops military women in Hawaii's Ironman Triathlon

By Bob Reinert
Northwest Guardian

You'll have to excuse Maj. Heidi Grimm if she misses PT with her unit sometimes. After all, on most days Grimm's workout schedule far exceeds that of the average Soldier.

Grimm's regimen of running, swimming and cycling not only keeps her fit, it allows her to successfully compete with female triathletes in her age group from around the world.

"Sometimes I drag my staff on runs and

stuff with me, but they're usually happier if I do it by myself," said Grimm, deputy G-1 and chief of the 700th Personnel Management Center. "I probably have put more miles on my bike than I have on my car."

It all paid off Oct. 16 at the 2004 Ironman Triathlon World Championships in Kailua-Kona, Hawaii, where the 37-year-old Grimm led Army to victory in the Armed Forces competition, placed first among military females and sixth among women in the 35-39 age group.

Overall, she was the 710th competitor to cross the finish line, completing the 2.4-mile swim, 112-mile bike and 26.2-mile run in 11 hours, 31 minutes, 5 seconds.

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Army Field Band continues touring as musical ambassadors

Fort Meade-based groups represent Army to civilian audiences around U.S., overseas

On the Net
● For more information about the Musical Ambassadors of the Army, visit them online at www.army.mil/fieldband.

By Mark Heeter
Army News Service

WASHINGTON — As the students filed into the upper level of seats in the concert hall, the crescendo of children's voices matched the rise in the swirling musical sound of rehearsing musicians coming from the stage at the Tennessee Performing Arts Center in Nashville Oct. 19.

A short time later, after the per-

formers and audience got to know each other, thumping blues beats mixed with the students' singing in a truly interactive concert.

"That's what we're about — connecting with those kids," said Master Sgt. Tom Enokian, a percussionist with the U.S. Army Field Band and Soldiers' Chorus.

Living up to their billing as the Musical Ambassadors of the Army, the group opened the day with the concert for the Tennessee children and closed later that evening after a show across the state line in Cullman, Ala.



Mark Heeter

The U.S. Army Field Band continues its fall tour, traveling the country, serving as the Army's musical ambassadors.

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